

Gate Opens at 8:30am

Check in opens 90 minutes before your event

and Closes 45 prior to your event

Track		Field			
10:00	100m Women	10:00	Hammer	Men	O35 -59
10:25	100m Men	10:40	Hammer	Men	O60+
11:00	3k Walks Women	11:20	Hammer	Women	
11:00	5k Walks Men				
11:50	800m Women	12:30	Discus	Men	O35-49
12:00	800m Men	13:40	Discus	Men	O50-59
12:30	200m Women	14:40	Discus	Men	O60+
12:50	200m Men	15:20	Discus	Women	
14:00	80mH W40-59				
14:05	100mH M50-59	10:00	Shot Put	Women	
14:10	110mH M35-49	11:00	Shot Put	Men	O35-49
14:20	3000m Women	11:40	Shot Put	Men	O50-69
14:40	5000m Men	12:20	Shot Put	Men	O70+
15:50	400m Women				
16:10	400m Men	13:30	Javelin	Women	
17:00	4x100m Women	14:20	Javelin	Men	O60+
17:00	4x100m Men	15:10	Javelin	Men	O35-59
17:10	1500m Women				
17:20	1500m Men	16:00	Weight	Women	
17:45	4x400m Women	17:00	Weight	Men	
17:50	4x400m Men				
		11:00	Long Jump	Women	
		12:00	Long Jump	Men	O55+
		13:30	Long Jump	Men	O35-54
		14:30	Triple Jump	Women	O35-69
		15:00	Triple Jump	Men	O35-69
		11:00	Pole Vault	Women	O35-69
		11:00	Pole Vault	Men	O35-69
		12:30	High Jump	Men	O35-54
		14:00	High Jump	Women	
		15:30	High Jump	Men	O55+

Please note that this is a
PROVISIONAL TIMETABLE
 which may be changed.

Masters Long Hurdles, SteepleChase & Heavy Hammer
will take place in either the Seniors or AAI Games